

Even though September is here with cooler evenings, the rains from Hurricane Irene have left conditions that continue to support mosquito breeding. The Bedford Board of Health wants to remind you of some ways you can reduce your exposure to mosquito bites that can spread diseases like West Nile Virus and Eastern Equine Encephalitis.

- Be aware that peak mosquito biting hours are from dusk to dawn BUT given ideal temperatures, humidity, and moderate cloud cover, biting mosquitoes can be present during the day.
- When you are outdoors, wear long pants, a long-sleeved shirt, and socks. This may be difficult to do when the weather is hot, but it will help keep mosquitoes away from your skin.
- It is advisable to use repellent with picaridin or DEET even if you're only going outside for a few minutes. Apply repellent according to product label. DEET products should not be used on infants under two months of age and should be used in concentrations of 30% or less on older children. Wash skin thoroughly once you go indoors.
- You should reapply additional repellent if outdoors for extended periods of time or if you're sweating or getting wet.
- When using repellents on children, put some on your hands first, and then apply it to the child. Don't let children handle repellent and don't put repellents on a child's hands.
- You can take some additional precautions including: removing standing water from outdoor containers which allow for mosquito breeding, using mosquito netting over baby carriages, and keeping mosquitoes out of your house by repairing any holes in your screens and making sure they are tightly attached to all your doors and windows.

Following is some information on actions taken by the Town to control mosquitoes and prevent disease:

- The East Middlesex Mosquito Control Project continues to trap mosquitoes from four trap locations in town to determine population numbers and types of mosquitoes. The collected mosquitoes are tested for the presence of disease. Also, in an effort to control adult mosquito populations, truck mounted aerosol spraying will continue to be conducted.
- The next mosquito spraying event is scheduled for Wednesday, September 14th. The spray area will be neighborhoods near Concord Rd., Davis Rd., Carlisle Rd., Dudley Rd., and North Rd. The rain date will be Thursday, September 15th.
- The Bedford Board of Health will continue to work with the Massachusetts Department of Public Health and the East Middlesex Mosquito Control Project to monitor the mosquito

populations in Bedford and the surrounding area.

The Board of Health appreciates the Town's continued support of the mosquito control program. If you have any questions or would like additional information on bite prevention, repellents, or diseases spread by mosquitoes, please contact the Bedford Board of Health at 781-275-6507 or visit their website at www.bedfordma.gov/health .

[Mosquito Press Release Regarding West Niles Virus - August 18, 2011](#)